

Also Inside this Issue....

Events for the Public	2
Aging Well Nominations	3-4
Medicare News	9
Adult Day Care	10
Aging in Place	11
County Executive	12

"It takes courage to grow up and turn out to be who you really are."
e. e. cummings

Oct. 31 Daylight Savings—
Set clocks back.

Nov. 2 Election Day—
Your Vote Matters!

Nov. 5 Public Hearing—Call
858-8544 to register
to express your needs
and opinions about
services/programs for
older adults

Nov. 13 Aging in Place
FREE Information &
Resource Event—see
pg. 11



Commissioner
Pamela M. Krawczyk

60 PLUS



Public Hearing on Aging Services November 5, 2004

Friday, November 5th at 1:00 p.m. the Erie County Department of Senior Services will hold a **Public Hearing** at the William-Emslie YMCA, 585 William St. in Buffalo. The Public Hearing is designed to provide an opportunity to share comments about issues, policies, and programs that are of utmost concern to senior citizens and their families. The Department is particularly interested in your opinions about Erie County sponsored services for senior citizens, such as the Going Places transportation program, group dining and home delivered meals, HEAP, or information and assistance. Individuals are also encouraged to express their concerns and views regarding seniors' most pressing issues to assist in the development of the 2005-06 Area Plan for Aging Services (copies of the draft abstract will be available at the hearing). For further information or to register to speak, please call the Erie County Department of Senior Services at **858-8544**.

Message From the Commissioner..

About the time I was in graduate school, a professor of gerontology read the poem "Warning" by Jenny Joseph, which depicts an older woman in purple clothing with a red hat. The poem was written in the voice of someone who has come to the realization that there is a special freedom in being oneself. This author gives herself permission to embrace her individuality.

Today, should you visit any gift shop, I guarantee you will find either some collectable item or piece of jewelry which finds its origin from this poem, namely the red hat. Ms. Sue Ellen Cooper is the founder of a group known as the Red Hat Society which began while she was visiting a friend in Tucson several years ago. Sue Ellen impulsively bought a bright red fedora at a thrift shop, for no other reason than that it was cheap and, she thought, quite dashing. A year or two later, Sue Ellen felt an immediate kinship with Ms. Joseph. She decided that her birthday gift to her dear friend, Linda Murphy, would be a vintage red hat and a copy of the poem. Subsequently, the gift was given to other friends, and a tradition had begun. Today, this symbol "represents a group of women who have decided to greet middle age with verve, humor and élan. They believe silliness is the comic relief of life, and since they are all in it together, they might as well join red-gloved hands and go for the gusto together. Underneath the frivolity, they share a bond of affection, forged by common life experiences and a genuine enthusiasm for wherever life takes them next." (www.redhatsociety.com).

(Continued on page 2)

FREE Senior Resource Fair

**Wednesday, October 13
4:30—7:30 pm**

**Appletree Key Center
2929 Union Road**

5:30 pm Bill Daniels will speak about "Prescription & Health Insurance Info"

6:00 pm, Rick Kwieciak will address "How to Protect Your Lifelong Savings"

Refreshments and finger foods will be available, and the opportunity to win a gift!

Other activities include: Blood pressure screenings, Meals on Wheels, HEAP applications, photo IDs, Telephone Assurance Program, and WNY Osteoporosis Resource Center.

Please call KeyBank at 681-3654 for reservations.

Commissioner's Message continued from page 1

Regardless of our age, we need to believe in ourselves and celebrate our uniqueness, the way in which we view the world and most of all embrace our differences. No one has the right to diminish you. If you value yourself and approve of yourself, others will do the same. Don't be modest. Tell the truth about how hard you worked, and what sacrifices you've made. If you can't think of any, then begin by congratulating yourself for living as long as you have. Sheer survival is an accomplishment these days! Seriously, it pays to take the time to know your strengths and appreciate them. What's unique about you? What skills do you bring to an organization, a job or volunteer project that you can count on?

Imagine a window made from the same color and type of glass. The monochromatic color would be dull and boring. The most beautiful and cherished of windows are the stained glass creations whose rich color and texture enhance architecture. In addition, each piece of glass has the ability to reflect light and create a prism of color. The Erie County Department of Senior Services values the diversity of our older adult population. Today and everyday we celebrate you! Remember to let the light shine through you for there are many rooms still waiting to be lit!

The **Alpha Program** brings the Department of Senior Services to a neighborhood location near you—Case Managers answer questions about programs and services for older adults, and the Complimentary Card and 62 Plus Card are issued. The schedule continues into November - visit our website at www.erie.gov/depts/seniorservices or call 858-8526.

FREE Glaucoma screenings are available through the University of Buffalo: **10/9** Gloria J. Parks Community Center from 9-noon, **10/31** Deerpark Presbyterian Church in Kenmore 11 am-1 pm; **11/21** at DeGraff Memorial Hospital between 9 and noon.

Passport to Wellness; Walking for Health –FREE Activity for Adults 50+

Come for one walk or come for the entire series of guided walks exploring Erie County Parks on Fridays! All walks begin at 10:00 am (registration at 9:30) and last about 45 minutes. Light, nutritious snacks are provided & incentive gifts encourage everyone to keep walking.

Friday, September 24 at Isle View Park

Friday, October 1 at Como Lake Park

Friday, October 8 at Wendt Beach Park

Friday, October 15 at Akron Falls Park

Friday, October 22 at Amherst Pepsi Center

Friday, October 29 at Chestnut Ridge Park

For more information or to register, contact: The Wellness Institute of Greater Buffalo & WNY, 65 Niagara Square -Room 607, Buffalo, NY 14202
phone # 716-851-4052



In celebrating Older Americans Month, Senior Services asked for nominees who are active, full of vitality, and totally opposite the old stereotype image of just sitting in a rocking chair watching the world go by. We were most happy to receive those stories, and now share them with you: **Congratulations & Thanks to All!!**

Dianne Kerins of Cheektowaga was nominated by Emily Turski in West Seneca... “Now that Dianne is herself a retiree, she generously shares her time and car. She calls many of us on a regular basis to offer her services. When her old big car finally “died”, she deliberately looked for another big car to accommodate the many people she chauffeurs. She always cooks in large quantities and shares it with many of us. She truly is an example of “Aging Well, Living Well”, and because of her, we are living better.” Dianne was nominated by a second person as well - Alice Cross of Syracuse ... because she “does so many amazing things that bring life to the living...a senior citizen who cannot stop herself from helping others. When not babysitting her grandchildren you can usually find Dianne in the kitchen preparing meals, which she will then share with her elderly neighbors including my 87-year-old mother. Diane calls my mother weekly and lets her know when she is available to assist my mother with a ride, perhaps to the hairdresser or to a medical appointment. I live 150 miles away, so knowing Diane is there gives me great peace of mind. It was Diane who called me last year to let me know that my mother was ill and had to be admitted to the hospital. And who delivered home-made candy to my mother on Easter? You know.” Congratulations Dianne for touching so many people through your kindness and generosity of spirit!

Harold Menge of Buffalo, 91 ½ years old, followed the suggestion of several people to nominate himself. He submitted these noteworthy examples of how this Cheektowaga resident for 34 years is Aging Well, Living Well: Recently complimented for removing snow from a public mailbox...For years offered flowers for free to passersby – many return and brag about the blooms they’ve grown...Volunteered for 21 years as a “handyman” at Mother of Divine Grace Catholic Church...Suggest solution for traffic difficulties at Genesee & Beryl, and suggested turning lanes for Bailey & Sheridan. Harold continues to be actively involved with the community, which is what living well is all about.

Lois Thompson, nominated by Berta Mae Ives of Cheektowaga, “weekly helps 2-3 Clarence residents in their 80’s and 90’s stay in their own home by doing food shopping, errands, and doctor appointments. Then she takes them to lunch at the Senior Center in Clarence. When they are ill, she takes in meals, bags and transfers groceries to their kitchen, and takes them to the beauty parlor.”

Irene Kingsley of Elma wrote that following his retirement from Westinghouse 20 years ago, her husband, “Norman designed and helped build our new home...At age 77 he remains active in the church, Knights of Columbus, President of St. Gabriel’s Seniors, board member of Elma Seniors, volunteers at Garden Gate Nursing Home and is active in scouting. He successfully overcame 2 serious illnesses with a positive attitude and a deep faith. He does all his own work around the house, goes to the gym 3x/week for 2 hours, enjoys music, dancing, baking and golf...His energy is endless.”

66-yr-old Rita Ganim of West Seneca calls herself “One Happy Senior”... Recently profiled in the Defining Moments column of *After 50*, Rita is a humor consultant who believes challenges require creativity and problem-solving. She has used that attitude to overcome a painful divorce, earn her Masters degree, and confront everyday difficulties such as impatient drivers. Rita regularly shares her advice on how to bring humor into the difficult situations of life in speeches and presentations.

Marcia Valente, nominated by Pat Bogdan “works with young adults with drug & alcohol problems in an outpatient setting. Her empathy, wisdom, and wit have helped many young adults & their families through a difficult time. Marcia is a strong partner with an unending amount of patience and caring for young clients.”

Page 4 Dr. Sigmund Zakrzewski, PhD. nominated by Dr. Enrico Mihich is “84 years old and still makes a significant contribution to improve the quality of life in this community. Dr. Zakrzewski has published several books, the most recent being *Environmental Toxicology, third edition*, Oxford University Press, 2002. Dr. Zakrzewski also teaches a course “Principles of Environmental Toxicology” as part of UB’s curriculum every Fall at Roswell Park. Dr. Zakrzewski keeps up with current events and writes editorials frequently.”

Betty Walker of Alden, nominated by her daughter Shirley Kocher who describes this 75-year-old (mother of 3, grandmother to 8, great-grandmother to 5) “Daily she provides for her elder sister - cooking, cleaning, laundry - every item is ironed! As seasons change, she plants flowers, mows grass, rakes leaves, and blows snow. Her vegetable and fruit garden provide produce for canning and freezing. She launders the altar boy albs, visits the nursing home and shops for bargains...enjoys making crafts and holding garage sales. Bingo, bowling, Chinese auctions, and dinners are evening activities - supporting local churches, schools, and fire companies. In 1990, this energetic bowler was inducted into the Erie County Hall of Fame for her many years of service on committees, tournaments and elected offices.”

Bob Wood of Tonawanda was nominated by his daughter Deborah, as “one man who’s defied the odds by maintaining what people half his age consider a physically grueling and brain-draining schedule...For the past few years, nearing 80 years of age, Robert is a counselor for the Department of Senior Services HIICAP & SMC program, tirelessly helping hundreds of seniors throughout Erie County to muddle through the confusing web of health insurance benefits information.”

Judy Gawronski of West Seneca, nominated by Bertamae Ives, is described as a “spry 73 year old. She plays the piano and takes her therapy-trained Golden Retriever to nine nursing homes and resident apartments in West Seneca every week...making a difference in people’s lives and raises the spirits of the residents.”

“It takes courage to grow up and turn out to be who you really are.” e. e. cummings

Carolyn Giambra nominated “Betty Smith, 72, is the instructor of a water aerobics class at the Jewish Community Center. She leads a group of women and men, from age 24 - 84, in a joyful cardiovascular routine three times weekly, set to music. She outlasts all of the class members, and she is shouting the directions, in addition to doing the exercises! Spending an hour of hard work with her is a joyful experience. We hug ourselves at the end of class, but we would all like to hug Betty...Words do not do justice to Betty...quality of life is much improved for the 30+ class members she instructs.”

Dennis Schultz nominated his mother, Marian Bass, a retired Captain of Police in Buffalo, and “a superior example of aging well and living well. A motivational speaker for young people, she reaches out through her church and Buffalo schools to motivate students to develop a passion for knowledge and excellence. A volunteer for Literacy Volunteers, she is also a “Get Out the Vote” organizer. An arthritis victim, never too incapacitated to advise, encourage, and support students... stresses that life carries an affirmative duty to be all that you can be, and must be faced with courage, kindness, and a basic sense of justice.”

Beverly nominated her mother, Charlotte Gundlach, “73 years young and has made significant contributions to improve the quality of life in the community!!! She has completed many, many years of volunteering in several different areas - currently a volunteer for Meals On Wheels, Seneca Manor Nursing Home, and participates in square dancing demonstrations at area nursing homes. She also regularly sews items to sell for some of the non-profit organizations that I belong to. I am very proud of my Mother...is extremely active. She square and/or ballroom dances 3—5 times per week...definitely is not the old stereotype image of just sitting in a rocking chair and watching the world go by!!!”

Nick Pusateri of Tonawanda was nominated by Dr. Usha Sankrithi for his outstanding attitude and helpfulness... “I answered an ad for a wheelchair...this elderly gentleman has 20-30 wheelchairs to choose from...in an extraordinarily well-kept home. Mr. Pusateri retired in 1981, and started a wheelchair repair service... he collects broken wheelchairs, repairs them, mixing and matching parts, fixing them up and re-selling them to people who need them at an affordable price. He measured the height, showed me all the details, showed how to get it in and out of a car, and handled everything so confidently and easily.”

Powerful Tools for Caregivers Classes

Classes for People Helping Older Relatives or Friends

Six-week educational programs designed to provide caregivers the tools needed for taking care of themselves are now being offered. Through six 2 1/2 hour sessions held on a weekly basis, caregivers learn to reduce stress, improve self-confidence, better communicate feelings, and locate helpful resources. Attendees also learn how to increase their ability to make tough decisions and balance their life. **Pre-Registration is required** - Call 858-2177 or email caregiver@erie.gov for more information about Powerful Tools for Caregivers Classes and to register. There is a \$25 cost for the course, which includes a copy of *The Caregiver Helpbook*.

Registration is currently being accepted for the following courses:

Buffalo Adult Ed. Adult Learning Center 389 Virginia St., Buffalo	Sat.	Oct. 2 - Nov. 6 9:30 am - 12 pm
Lakeshore Adult Ed. Lakeshore High School Media Center 959 Beach Rd., Angola	Wed.	Oct. 6—Nov. 10 6:00—8:30 pm
Hearts and Hands: Faith in Action Newstead Community Building 50 John St., Akron	Tue.	Oct. 12-26 & Nov. 9-23 10:00 am—12:30 pm
Hamburg Adult Ed. Hamburg Sr. High 4111 Legion Dr., Hamburg	Tues.	Oct. 12 - Nov. 16 6:00 - 8:30 pm
Schofield Residence 3333 Elmwood Ave., Kenmore	Tues.	Oct. 26 -Nov. 30 6:00 - 8:30 pm
Millard Gates Hospital Gates Circle, Buffalo ** Course cost is covered by Kaleida at this	Thurs.	Nov. 4-18 & Dec. 2-16 6:00 - 8:30 pm
Peregrine's Landing 575 Cayuga Rd., Cheektowaga	Tues.	Feb. 8 - Mar. 15, 2005 10 am - 12:30 pm
Hamburg Adult Ed. Hamburg Sr. High 4111 Legion Dr., Hamburg	Tues.	Feb. 8 - Mar. 15, 2005 6:00 - 8:30 pm



***Balance
Your
Life***



***Complete
course cost is
covered for
Independent
Health
members.***

Additional Classes are being scheduled — for more information:

Contact 858-2177 or email caregiver@erie.gov

Supported by a grant from the Community Health Foundation of Western and Central New York and co-sponsored by The University at Buffalo, School of Public Health and Health Professions and the Erie County Caregiver Coalition.

Caregiver Resource Center

Adventures of a Caregiver.... (a series for ideas)

Caregiver Resource Center

When I have written this column over the last few years, I have been largely focused on the pleasure caregiving brings to people's lives—the opportunities offered to do new things in new ways or the many times people have opened their hearts in kindness to my mother and myself.

On some days, though, the challenges are high mountains, blocking the sun, and casting all into impenetrable shadow. These are the times that instead of relishing the hours my mother and I get to spend together, I feel oppressed and trapped. I am neglecting other aspects of my life, and feeling as if I will never be free again. But these moments don't last forever, and I find that talking to others, and being able to see the humor in the most difficult moments helps me come through.

For example, teeth and their care have become the center of a daily power struggle — I want to brush my mother's teeth and she does not want her mouth touched! I try all sorts of techniques—singing to her, distracting her, promising

rewards at the end, cajoling, guilt-tripping (learned that strategy from her), and occasionally I get a few decent swipes at her teeth with the brush. I am concerned by her bleeding gums, her poor dental hygiene, and want to get her teeth cleaned every other month. She never wants to see a dentist and battles bitterly whenever we go.

One afternoon, as we head to the dental appointment, she is particularly resistant. She won't stand up, she won't walk, she complains constantly and we are both close to tears. Finally, after more than an hour, we are almost out to the car. At that point, she sits on the ground and refuses to get up. We stare at each other.

I get my cell phone out, and call the dentist, canceling the appointment.

She and I stare some more.

Finally, Mom begins to stand up on her walker. "Let's go get some dinner," says she.

I want to scream, I want to bang my head against the car door.

In the end I laugh, and we go to dinner.



Caregivers: This Day Is For You!

Caregiver Workshop & Resource Day

The Erie County Caregiver Coalition and Niagara Caregivers Network will offer a day of **free workshops** in each county to help caregivers learn ways to reduce stress and make everyday chores easier. Activities include demonstrations using assistive equipment, workshops addressing classic caregiver concerns (such as making the most of MD visits) and ways to improve caregiver coping skills.

Saturday, November 6, 2004

8:30am-2:30pm

Eastern Hills Wesleyan Church, Williamsville

Saturday, November 13, 2004

8:30am-2:30pm

Stella Niagara, Lewiston, NY

Although there is no cost for the workshop, **reservations are required**. In **Erie County** call the Erie County Senior Services Caregiver Resource Center at **858-2177** or email **caregiver@erie.gov**. In **Niagara County** call HANCI at **285-8224**. A box lunch and materials will be provided. Supervision for memory impaired adult care recipients is available for the Nov. 6th event—inquire when making your reservation.

NUTRITION PROGRAM

STAY FIT DINING

Where to Go for Valid Nutrition Information

Are you confused about the latest fad diets such as Atkins vs. South Beach?

Do you want to know how many carbs you should eat a day?

What can you do to prevent hip fractures?

How about supplements? What kind, how many, how often?

What are omega-3 fatty acids and can they help to prevent heart attacks?

The correct answer to these and all your nutrition related questions can be found by speaking with a nutritional professional, a Registered Dietitian.

A Registered Dietitian is a health care professional with a minimum of these 4 qualifications:

1. Completion of a Bachelor's degree at an accredited university with a major in food and Nutrition Science
2. Completion of an accredited supervised Internship program
3. Must pass a national examination administered by the Commission of Dietetic Registration
4. Complete continuing professional educational requirements to maintain registration status.

Some R.D.'s hold additional certification in specialized areas of practice such as renal nutrition and diabetes education.

The Department of Senior Services Stay Fit Dining Program employs three full-time and three part-time registered dietitians who provide nutrition education and individual nutrition counseling. Nutrition education is given on a bi-monthly basis on a variety of topics, at all 50 Stay Fit dining locations throughout Erie County. Topics include: Weight Management, Vitamins, Minerals, Food Safety, Balanced Meals, and more. Individual counseling on therapeutic diets such as diabetic and low sodium can also be arranged by appointment.

To contact a registered dietitian and obtain information on the Stay Fit Balanced Lunch served throughout Erie County call 858-7639. The professional staff is looking forward to serving you and answering all your nutrition related questions!

Susan J. Radke, R.D, CDN

Farmer's Market at Hispanics United of Buffalo & Other Sites...



Seniors were happy to see fresh corn, potatoes, cucumbers, zucchini, and beans. To encourage older adults in getting the necessary nutrition, the New York State Office for the Aging administers a program offering those over the age of 60 Farmers Market coupon booklets, provided they meet income criteria. Seniors registered with Stay Fit Dining Program had an opportunity to receive coupon booklets if they met the guidelines. Coupons may be redeemed at any of the area's 20+ participating farmers markets. Food Stamps and EBT cards are also accepted for purchases.

NUTRITION PROGRAM

STAY FIT DINING

Stay Fit Celebrates 30 years!

In June, Senior Services celebrated the 30th Anniversary of the Stay Fit Dining Program with a special Father's Day lunch.

Started in 1974 with 19 sites as Erie County's Nutrition Services Program for the Elderly, the name became Stay Fit Dining Program to better reflect the energy and vitality of today's older adult. The program offers a balanced noon-day meal honoring the diversity of the community with Kosher, African-American, and Hispanic menus at selected sites. More than 1,500 seniors are enrolled in the fitness program. Special diets such as low-fat, low-sodium, and calorie-controlled needs can be met, with registered dietitians available to answer specific dietary questions. Last year alone, Erie County served 1,266,003 meals: 451,629 meals at the Stay Fit Dining sites and served 814,374 home delivered meals — During our 30 years, Stay Fit Dining Program has served more than 10 million meals!

All locations hosted celebrations to honor site managers, volunteers and participants who have contributed to the program's success over the 30 years. Pictured here are some of the participants at Schiller Park's celebration watching a video compilation of 30 years.



New Site in Lackawanna Offers Lunches for Seniors

Starting Monday, September 13, the Stay Fit Dining Program began serving meals at the Second Baptist Church, 18 Church Street in Lackawanna (near Route 5). The Church offers older adults the opportunity to enjoy a delicious lunch Monday through Friday at noon. Reservations for Stay Fit Dining meals at Second Baptist Church "Seniors on the Move" can be made by calling 826-4940 and asking for Mrs. Pringle or Reverend Johnson.

All 50+ Stay Fit Dining Sites are open to Erie County residents 60 or older and their spouses. A confidential, voluntary contribution of \$2.25 is suggested for lunch, with all monies going directly to provide meals for Erie County's seniors. The Stay Fit Dining Program incorporates the option of resistance and fitness training, and nutrition education and counseling. Activities also include cooking demonstrations and picnic menus to celebrate summer. Reservations for the Stay Fit Dining Program may be made directly to a site most convenient for you, or call 858-7639 for more information.

Medicare program creates opportunity for identity thieves, so be careful...

Medicare-approved discount prescription drug cards have been out only since May, but scammers already are profiteering off them.

Before the first senior received a card, before the card companies were approved, even before Medicare began marketing the program, scammers were peddling fake Medicare discount cards door-to-door and making illegal telemarketing calls. They claim to be authorized federal program representatives and often asked for such sensitive financial information as Medicare numbers, which could enable them to make false Medicare claims. At \$30 a pop, a counterfeit card would yield quick profits for these scam artists. But if they also succeed in obtaining Social Security numbers or bank account numbers, a bigger danger looms...identity theft.

These six tips can keep you from becoming the victim of a Medicare discount-card fraud:

1. Say 'no' to telemarketers and door-to-door salespeople. It is illegal to telemarket Medicare discount cards or to sell them from door to door. Anyone doing so is not legitimate. Traditional methods of advertising - television, radio and print, including direct mail and circulars - are permitted.
2. Don't disclose personal information. Giving callers such personal information as your Social Security or bank account number is giving them the green light to drain your money accounts.
3. If you suspect fraud, call the Office of the Inspector General's fraud hot line at (800) 447-8477.
4. Ask Medicare if the card is on the approved list. Medicare's toll-free number is (800) 633-4227.
5. Discount cards don't cost more than \$30. None of the annual enrollment fees cost more than that, and many cost less or are free.
6. Be sure the card has the "Medicare Approved" seal on it. If it doesn't, it's not a legitimate card.



During the November/December timeframe, you may choose to enroll in a different card or stay with one you've already chosen. The new enrollment fee will cover the entire year of 2005, at the end of which proposed changes take effect. Remember, low-income enrollees get \$600 of value added to the card in January.

If you have questions about health insurances, pending changes to Medicare, or wish to speak with a Health Insurance Information Counseling and Assistance Program volunteer, please call Bill Daniels of Senior Services at 858-7883.

Check Out Senior Services "New" Website this Fall:

The Department is re-designing the website at www.erie.gov/depts/seniorservices to be more user friendly. Information about many programs and services available for seniors is arranged into several categories for easier access, and a site map allows visitors to easily find what they need, whether it be income guidelines for HEAP, information about adult day care and respite, or upcoming events and activities. Today's seniors (and their families) are increasingly using the web, so this is a very valuable tool...24 hours a day, 7 days a week. Check it out...

A large, multi-pointed starburst graphic with a jagged, hand-drawn style border. Inside the starburst, the text "HEAP Hotline 858-7870 after Oct. 1" is written in a bold, sans-serif font.

**HEAP Hotline
858-7870
after Oct. 1**

Adult day programs provide care and companionship during the day to frail or disabled persons who need assistance and supervision. There are some distinctions among programs: **Adult Day Services**, known as the social model of care, are group programs designed to meet the needs of functionally and/or cognitively impaired adults through an individual plan of care. These structured, comprehensive programs offer a variety of social and other related support services in a protective setting. **Adult Day Health Care** adds health related services to the social model. **Mental Health Programs** offer outpatient mental health services including psychotherapy, daily skills training such as maintaining social contacts, employment, and monitoring of psychotropic medications.

Adult day services provide care for persons with special needs associated with conditions such as Alzheimer's disease, developmental disabilities, traumatic brain injury, mental illness, vision and hearing impairments, and others. Adult day centers generally operate during normal business hours 5 days a week, but some programs also operate evenings and weekends. Since they provide less than 24-hour care, programs allow the person to maintain their independence and continue living at home with loved ones for as long as possible. Caregivers also benefit from programs - employed caregivers have the opportunity to still care for their loved one at home, and programs offer needed breaks for the non-employed caregiver.

An early February visit to **Weinberg Campus' Social Model Day Program** gave an idea of a "usual day" for participants. Typically 14 participants come 2-3 times a week with an option of 4-hour or 6-hour days. Breakfast usually takes from 9-10ish, lunch around noon, with planned activities 'til 2:30. Transportation is also available, but participants must be ambulatory. On a particular afternoon, the "theme" activity was Hawaii, and the room was decorated to defy the winter cold outdoors. Staff members wore brightly hued Hawaiian shirts, and grass skirts and flower leis decorated staff and participants alike. Local author and guest speaker Barbara Blackburn brought a slideshow from her many visits to the Hawaiian islands, depicting the people, activities, and music followed by a brief hula dancing lesson for program participants. Everybody joined in a game of questions and answers about Hawaiian culture while sampling some traditional Hawaiian foods such as coconut, pineapple, and smoked fish. Participants visit and talk, and include a variety of personalities and ages from mid-50s to upper 70s. One gentleman didn't wish to participate, and snoozed quite comfortably on a sofa with a view of the outdoor garden area. For more information and to set up a visit to the Weinberg Campus Adult Social Day Program, contact Janet Mackowiak at 639-3311 ext. 2453.

The **Veterans Affairs WNY Healthcare System Adult Day Health Care Program** uses a medical model approach to meet the complex needs of an aging or functionally impaired veteran. Nursing staff, social work staff and a recreational therapist use a multidisciplinary approach to help veterans with various difficulties; one may be recovering from surgery, one from a stroke, or some might have a chronic problem such as Alzheimer's disease. The program currently serves @ 100 veterans, and may include physical and occupational therapy to improve performance of daily living tasks, as well as recreational and social services. The intention of the program, according to coordinator Joanne Clemente, RN, is that by coming in (2-3 times per week) the veteran may avoid inpatient hospital stays, emergency room visits, or possibly delay or prevent nursing home placement. By maximizing functional abilities, the veteran is able to continue living longer at home with the care of a spouse or other caregiver. A caregiver support group is available and meets monthly. Veterans seeking more information on the VA's program may call 862-3244.

Regardless of which type of program, caregivers understandably appreciate the break from their exhausting demands at home and welcome the improvement in physical and mental functions in their loved ones. Darlene Granditsch, the primary caregiver for her husband John, feels that the program at Weinberg Campus Adult Day Program is a mini vacation for her. "John loves coming and being offered the variety of activities, as well as meeting other people. The four hours that John is at the program, I can do what I want."

Information from: NYS Adult Day Services Association, National Adults Day Services Assoc. - www.nadsa.org, Veterans Administration of WNY, and Weinberg Campus. Call Senior Services at 858-8526 if you need more info..

As the number of seniors grows, so does the need for our vast array of services. The Department of Senior Services encourages and appreciates donations. If you are in a position to do so, please fill out the form below. 100% of your contribution will be used to provide direct service to an older adult in need. **Thank you!!!!**

I designate my donation of \$_____ for:

_____ Newsletter

_____ In-home services

_____ Transportation

_____ **Use where most needed**

_____ Home-delivered meals

_____ Adult day services

Mail to:

Erie County Department of Senior Services
95 Franklin St., Rm. 1329
Buffalo, NY 14202

Please make check payable to:
Erie County Department of Senior Services.
Your check is your receipt.

Age in Place Week 11/7-13 – Keep Your Home Safe As You Age

“Aging in Place” refers to the fact that people often **can** stay in their existing homes safely as they age, especially with the help of local professionals to help plan and implement any lifestyle changes to overcome environmental challenges. On **Saturday, November 13th, 10 am—2pm** Senior Services joins with other partners in inviting you to a **FREE informational and resource fair** at the Hearthstone Manor, 333 Dick Road in Depew. This event will bring together the varied partners able to help you “age in place”: health-care and respite providers, transportation services, insurance and financial planning advisors, design and remodeling experts, housing and supportive service providers, financial institutions who can offer many options including reverse mortgages, and many other service providers. Hourly drawings for prizes will be held. Join us —Please call toll-free to pre-register to 1-866-265-6828 and ask for Rose Davies.

*“It takes courage to
grow up and turn out to
be who you really are.”
e. e. cummings*

The Alzheimer's Association of Western New York is seeking volunteers for their respite program designed to provide temporary relief to the family caregiver of an individual with memory loss. If you are interested in bringing respite to a caregiver and supervisory care, interaction and friendship to an individual with memory loss, please contact Jennifer Baran at (716) 626-0600 or Jennifer.Baran@alz.org. Volunteers visit homes in pairs and typically go once every two weeks for a couple of hours. Respite volunteer training takes place at 2805 Wehrle Drive, Suite 6, Williamsville, NY. The Alzheimer's Association is dedicated to patient and family services, education, advocacy and research in support of the over 50,000 people in Western New York who have Alzheimer's disease or a related dementia. For more information, please contact the Alzheimer's Association of Western New York at (716) 626-0600 or visit www.alzwny.org.

The next issue of 60 Plus will be late March/early April 2005

Go to www.erie.gov/depts/seniorservices to read it on-line
or to find a vendor location listed by zip code, or call us at 858-2117.
Our sincere thanks to all those who make this newsletter available.



ERIE COUNTY 60 PLUS

is published by the

Erie County Department
of Senior Services

13th Floor
95 Franklin Street
Buffalo, NY 14202

www.erie.gov

Joel A. Giambra
County Executive

Pamela M. Krawczyk
Commissioner

Jennifer Mantione
Editor

PRSRT STD
U.S. Postage
PAID
Buffalo, NY
Permit No. 994

From the County Executive...



County Executive
Joel A. Giambra

I am proud to announce that 566 volunteers with the Erie County Retired & Senior Volunteer Program (RSVP) have received the President's Volunteer Service Award in recognition of their dedicated service. This Award is issued by the President's Council on Service and Civic Participation, and award levels are

based on the number of hours of service. The highest award level, the President's Lifetime Service Award, recognizes individuals who have given 4,000 hours or more of volunteer service in a lifetime.

Approximately 1150 RSVP volunteers serve in almost 100 different community agencies, and last year gave over 170,000 hours of service, a value of almost \$3 million dollars to our area's non-profit and community-based organizations!

RSVP volunteers received the following Presidential Service Awards in 2004:

58 Lifetime Service Awards for more than 4,000 hours of service

46 Gold Awards for 500+ hours in a year

121 Silver Awards for 250 – 499 hours in a year

341 Bronze Awards for 100 – 249 hours in a year

RSVP are individuals aged 55+ who bring years of experience and skills, making them indispensable assets to these programs. Volunteers assist at soup kitchens and food pantries, help children at school, share their love of nature and respect for the environment by leading tours or workshops at Tifft Nature Preserve or Beaver Meadow. They drive elderly or disabled people to medical appointments and on errands, pick up donated food from restaurants and grocery stores to deliver it to agencies serving the needy. Volunteers give back in so many ways.

Find out more about how RSVP matches volunteers' skills, interests, and availability with opportunities—call (716) 858-7548.